

## MARIJUANA



Parents and role models create “teachable moments” by turning ordinary situations — like eating dinner or watching TV — into an opportunity to talk with kids about making good life choices. Before kids face situations involving alcohol or drugs, make sure they have the facts.

Marijuana is made from the cannabis plant and can be green, brown or gray. Stronger forms of the drug include sinsemilla (sin-seh-me-yah), hashish or hash, and hash oil. The drug’s mind-altering effects come mainly from delta-9-tetrahydrocannabinol or THC. Marijuana also contains cannabidiol or CBD, which many people say has medical benefits.

People smoke marijuana in hand-rolled cigarettes (joints), pipes or water pipes (bongs), vaporizers or blunts made from emptied cigars. Some people mix marijuana into edibles such as brownies, cookies or candy, or brew it as a tea. Smoking THC-rich resins (called “dabbing”) is becoming more common. These resin extracts might be called hash oil, honey oil, wax, budder or shatter.



They contain dangerously high amounts of THC, and their consumption and production has sent several people to the emergency room.

## Street Names:



- Bud
- Boom
- Chronic
- Gangster

- Ganja
- Grass
- Herb
- Kif

- Mary Jane
- MJ
- Pot
- Reefer

- Skunk
- Weed
- The term “420” refers to marijuana use or culture



## The Effects of Marijuana

You might have heard that marijuana has no permanent side effects. But in young people, the brain, particularly the prefrontal cortex (which is responsible for decision making and social behavior), is still developing. Marijuana use can lead to:

- Stunted brain development, IQ loss and short-term memory loss
- Increased risky behavior and loss of perception and motor skills
- Dependence, addiction and increased use of other drugs
- Depression, anxiety, suicidal thoughts and personality changes
- Irritated lungs and respiratory issues
- Withdrawal symptoms, including irritability, trouble sleeping, anxiety and drug cravings

## Use of Marijuana Among Youth

Next to alcohol, marijuana is the most widely used substance for Texas youth. Marijuana is still under federal ban, but several states have legalized it for medical use. A few states have also legalized recreational use for adults 21 and older. In 2016, a survey of Texas students showed:

- Around 20 percent had tried marijuana at some point in their life.
- Around 12 percent had used marijuana within the last month.



## Signs of Use and Getting Help

Teens might use strong-scented candles or incense to hide the smell of marijuana. They might also start displaying images that promote marijuana and marijuana culture, including on clothes, posters or online posts.

Keep an eye out for any behavior changes that might be signs of drug use (see ***“How to Talk to Kids”*** to learn more). If you think your teen is using marijuana, talk to them and get help, if needed.

Contact your local Prevention Resource Center to learn more:  
[hhs.texas.gov/prevention-resource-centers](https://hhs.texas.gov/prevention-resource-centers)

**Sources:** 2016 Texas Drug Facts Among Youth, Texas Department of State Health Services • 2014 Texas School Survey of Drug and Alcohol Use National Institute on Drug Abuse • Partnership for Drug-Free Kids and National Academy of Sciences

The Teachable Moments series provides parents and role models information they can use to talk with kids about substance abuse. To learn more, visit **DrugFreeTexas.org**.



**TEXAS**  
Health and Human  
Services